


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <b>World Milk Day:</b> Raise a glass of milk and share the nutritional benefits of dairy.
2 <b>Dairy Nutrition:</b> What's your go-to dairy food to help you reset after a long day?	3 <b>Animal Care:</b> Show how you care of your cows by posting a "day in the life of a dairy cow" video.	4 <b>National Cheese Day:</b> Share your favorite recipe that includes cheese!	5 <b>World Environment Day:</b> Highlight how you recycle on your farm.	6 <b>Dairy Nutrition:</b> How do you stay active while incorporating dairy into a healthy diet?	7 <b>National Chocolate Ice Cream Day:</b> Encourage your followers to celebrate by having chocolate ice cream!	8 <b>Dairy Nutrition:</b> Yogurt is linked to better digestive health. What's your favorite way to enjoy yogurt?
9 <b>Dairy is Good for Communities:</b> How does your farm make an impact on your local community?	10 <b>National Black Cow Day:</b> Dairy cows come in many colors. Which dairy breed is your "favorite" and why?	11 <b>National Corn on the Cob Day:</b> Share how you provide your cows a nutritious diet.	12 <b>About you:</b> What do you love most about being part of the dairy community?	13 <b>Animal Care:</b> How do you ensure the health and safety of the cows on your farm?	14 <b>Dairy Sustainability:</b> What new and innovative technologies do you use on your farm?	15 <b>Nature Photography Day:</b> Showcase the beauty of living and/or working on a dairy farm.
16 <b>Father's Day:</b> How does your farm value the importance of family?	17 <b>Dairy is Good for Communities:</b> Share the journey milk takes from farm to table.	18 <b>About you:</b> Let consumers walk in your shoes. Show a day in the life of a dairy farmer.	19 <b>Dairy Nutrition:</b> Why do you incorporate dairy foods into your daily lifestyle?	20 <b>National Vanilla Milkshake Day:</b> Share your favorite vanilla milkshake recipe.	21 <b>Animal Care:</b> How do you care for your cows regardless of the season?	22 <b>Dairy Sustainability:</b> Share the history of your family's dairy farm.
23 <b>National Hydration Day:</b> How do you recycle water on your farm?	24 <b>Dairy is Good for Communities:</b> Dairy farmers are also community members. Share how you're involved in your local community.	25 <b>National Strawberry Parfait Day:</b> Share your favorite parfait recipe or favorite recipe that includes dairy.	26 <b>Dairy Nutrition:</b> Protein from dairy products can help your body refuel. What's your favorite dairy product to help you stay energized?	27 <b>National Ice Cream Cake Day:</b> Share your favorite family tradition involving dairy foods.	28 <b>Dairy Sustainability:</b> Ask your followers to submit their sustainability questions and then make a video answering their questions.	29 <b>National Camera Day:</b> Take close up pictures of a new calf, feed being mixed together, crops growing, etc.
30 <b>National OOTD Day:</b> What is the typical dress of a hard working dairy farmer?	<b>JUNE 2024 • NATIONAL DAIRY MONTH</b>					